

Alcorn County 4-H

Love & Encouragement From A Distance

2020 Virtual 5K Fun Run/Walk

How It Works:

1. Register for your spot by completing this form and returning it to the MSU Extension office along with the entry fee. Checks should be made payable to *Alcorn County 4-H Annalisa Laudadio Memorial Fund*. You can mail your registration to Alcorn County 4-H, Attn: Love & Encouragement 5K, P.O. Box 539, Corinth MS 38835. The deadline to register is **Thursday, October 15**.
2. Entry fees: Entry with T-shirt - \$20.00, Entry without T-shirt - \$10.00, T-shirt only - \$15.00. If you want your packet mailed to you; you will need to add an additional \$5.00 mail fee.
3. After you register, you will receive a confirmation email.
4. Complete the 3.1-mile course of your choice any time during the month of October. This is your race; you may complete it at your pace. You can finish the distance at one time or in multiple increments.
5. Track your distance and finish time with the fitness device or app of your choice.
6. This race is based on the honor system, and we ask that you submit your results to us via email to tammy.parker@msstate.edu no later than 5:00 p.m. October 31, 2020.
7. Results will be posted on the Love & Encouragement 5K Run/Walk Facebook group page.
8. Race packets will include a race T-shirt (if ordered), a participation medal, and miscellaneous freebies. Race packets can be mailed to you for a fee of \$5.00. There will also be a set time for in-person pickup.

We would love to hear about your race experience. Join our Virtual Race Facebook Group and share your photos and connect with fellow participants! Please use the hashtag #L&Evirtual5K2020 when sharing your photos on social media.

Proceeds from the Love & Encouragement from a Distance Virtual 5K will go toward the funding of scholarships for graduating Alcorn County 4-H members.

REGISTRATION INFORMATION

Name: _____

Address: _____

Email: _____ Phone #: _____

Age: _____ Gender (circle one): Male Female

T-SHIRT SIZE (circle one):	ADULT:	S	M	L	XL	2XL	3XL
	YOUTH:	XS	S	M	L	XL	

Please circle one:	Entry & T-shirt (\$20.00)	Entry ONLY (\$10.00)	T-Shirt ONLY (\$15.00)
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I am including the \$5.00 mailing fee with my registration. (please circle one) Yes or No